



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Not just lip service

The Interfraternity Council's annual Lip Sync raised \$2,100 for Fear 2 Freedom.

BY BEN LEISTENSNIDER

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The CNU community can pride itself on the level of singing talent that its various a cappella groups, choirs and bands showcase on a consistent basis. For one night, however, anyone could be a star—regardless of ability.

At the Interfraternity Council's annual Lip Sync contest on Oct. 14, organizations took to the stage to prove that they

LIP SYNC

CONTINUED ON PAGE 3



Alpha Sigma Alpha teamed up with Pi Lambda Phi for a "Grease"-inspired medley at IFC's event Lip Sync. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

CNU holds first class ring ceremony

During Family Weekend, members of the junior and senior class were presented with their new Christopher Newport class rings.

BY BEN LEISTENSNIDER

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After months of designing and planning, more than 50 of CNU's juniors and seniors were finally presented with the newly redesigned Christopher Newport class rings.

Although alumni who also ordered their rings had received them in the mail already, juniors and seniors received theirs at a ceremony that took place in front of Christopher Newport Hall during Family Weekend on Oct. 15.

The ring redesign process began all the way back in the spring when Nora Huston, the Class Council president for the class of 2017, and Baxter Ven-

drick, the director of alumni relations, started to bounce ideas off of each other.

As reported in the Sept. 7 issue of The Captain's Log Vendrick wanted to make sure that the final product was able to represent how unique Christopher Newport University is, saying there is "not an institution quite like this."

The rings have appeared to be popular, as Jostens—the company who makes CNU's rings—reported that there were more rings sold in the first hour of sale this year than over two days in previous years.

Those who did not buy their rings already but are still interested can order theirs at jostens.com/college. ■



Kenneth Kidd receives his class of 2018 ring from Baxter Vendrick. BEN LEISTENSNIDER/THE CAPTAIN'S LOG



Weekly pic

The Pre-Med Scholars hosted one of their most popular fundraising events on Oct. 18: Pie a Pre-Med. For just two dollars, students got the opportunity to pie one of over 30 students and professors. All proceeds from the event went to the National Brain Tumor Society **Photo by Melanie Occhiuzzo/The Captain’s Log**

In this issue

- News 4**
CNU tests emergency preparedness
- Opinions 6**
Take advantage while you can
- Snapshot**
Make America Great Britain again
- Sports 11**
Four-way tie to NJAC first place
- A&E 13**
Barbara proves to be a ‘Major’ success
- Lifestyle 15**
Voter Registration at CNU

Happened

- Oct. 15**
The Improvateurs’ First Show
Last Saturday, the Improvateurs hosted their first show “Make America Great Britain Again.” To re-live the night of hilarity and fun, check out this week’s Snapshot section.
- Oct. 17**
10th Annual Conference on Founding Principles
Sponsored by the Center for American Studies, the conference on “Controversial Elections in American History” was held Oct. 17 in the DSU Ballroom. The conference featured renowned speakers such as Stephen F. Knott from the United States Naval War College and Sidney Milkis and James Cesear, both from the University of Virginia.

Happening

- Oct. 28**
Glow in the Darcappella
The 7th annual event will kick off Homecoming weekend. All six of CNU’s a cappella groups will be performing under black lights in the Concert Hall with Hypnotic Control providing the opening act. Doors open at 5:30 and tickets are \$5 for students.
- Oct. 29**
Golf Cart Parade/Homecoming Game
Organizations apply for and decorate a golf cart, which is driven on the way to the Homecoming Game. The route begins at the Freeman Center and ends at the JR Fields.



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Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with commentary on campus life.

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2016-2017

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THE EDITOR welcomes letters from readers. Editors reserve the right to edit letters for length and AP style, as well as to refuse publication. An email with a “.doc” attachment is preferable. Reach us through:

- **Email:** clog@cnu.edu
- **Drop off:** The Captain’s Log newsroom, DSU Suite 393

JOIN THE STAFF The Captain’s Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 6:30 p.m.

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(Above) Alpha Phi and Sigma Phi Epsilon took home first place. (Right) Rachel Meggers of Phi Mu uses a lollipop as a mic in her performance. **PHOTOS BY BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

LIP SYNC
CONTINUED FROM PAGE 1

were the best lip syncers on campus.

These highly choreographed routines were not just done for the sake of entertaining the audience, however, as the event raised over \$2,100 for Fear 2 Freedom, an organization founded by Rosemary Tribble. According to its website, Fear 2 Freedom is a non-profit organization that seeks to “redeem and restore those wounded by sexual assault, bringing them hope and healing, and to challenge the cultural understanding surrounding this issue by empowering college students.”

This last goal—challenging cultural understanding—is in part what inspired the IFC’s decision to choose F2F as the philanthropy for the event. “We chose Fear 2 Freedom because the negative stereotype intertwined with Greek Life has really gotten under our skin considering how much we are against sexual assault,” said David Negrin, one of the main organizers for the event. “We as a whole have zero tolerance for that and it is beyond expected that we hold ourselves accountable.”

In addition to raising money for the organization, there was



a brief video shown explaining Fear 2 Freedom’s purpose and goals. As for the actual performances, musical selections ranged from Alpha Sigma Alpha and Pi Lambda Phi’s “Grease”-inspired medley to Phi Mu’s mashup of various popular songs. In the end, the sisters of Alpha Phi and the brothers of Sigma Phi Epsilon took home the top prize. Phi Mu took second place, and Delta Upsilon, which shocked the audience with their jorts, came in third place overall. ■



(Above right) Cameron Dwyer celebrates at the end of her performance. (Right) Connor Bock models the jorts that were a staple of Delta Upsilon’s uniform. **PHOTOS BY BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

For more information about Fear 2 Freedom and some programs it runs, go to page 12 and read the article on its Shadow Event.



CNU performs annual exercise to test emergency preparedness

CNU's Christopher Newport Hall was put to the test under the most recent active shooter simulation on campus.

BY MELANIE OCCHIUZZO
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Since the mass shooting incident at Virginia Tech, all state schools are required by law to do an annual training exercise to prepare for various disasters the campus could face.

The student body received a notice on Wednesday Sept. 14 looking for volunteers for an active shooter simulation.

The simulation took place on Tuesday Oct. 11, which happens to be on fall break.

The Emergency Policy Group makes all final decisions on the type of exercise that CNU will be performing annually.

Each full-scale event and the subsequent discussions take three years of preparation, leaving the space in the between years for further discussions on how to make CNU's emergency preparedness even stronger.

In 2014, there was a full scale exercise in an academic building on campus. In 2015, there were table top discussions on how to improve CNU's plans and most recently in 2016 there was an active shooter full scale exercise in an administrative building.

All of these exercises and discussions are essential to making CNU a safe place for

all of its students says Tammy Waldroup Sommer, Director of the Office of Emergency Management.

Sommer explains that while the full-scale exercise was made up of volunteers from campus and the community, it was by no means an event or game.

"We train and discuss in a cycle, you always have lessons learned and these exercises validate our planning and highlights or successes," she further explains.

All of the volunteers were registered in order to ensure complete safety while the exercise was played out in the Freeman Center and Christopher Newport Hall.

Newport News Fire, Police, EMS, Sheriff and the closest hospital, Riverside were all involved as stipulated under the mutual aid agreement CNU shares with the city of Newport News.

Scott Austin, Captain Operations Division Manager was in charge of CNU PD, allowing about nine trained officers to participate in the exercise.

Both Sommer and Austin commented that this exercise was to be a successful simulation that will test CNU's planning and reaction time to mass casualty events.

The exercise took place during Fall Break, taking the span of about six hours, as



CNU performed one of its annual safety simulations, this time testing the university's level of preparedness when it came to dealing with an active shooter in Christopher Newport Hall. COURTESY OF CNU OCPR

to not impede academics or campus life.

While CNU is required to work and plan for these exercises on a three year rotating basis, for this particular exercise, one year of planning went into making sure this exercise would succeed. All of these annual exercises are heavily documented and will

be evaluated around one-month post exercise through an after-action report.

This report will be written, and an improvement plan matrix based off the findings will be given to each of the agencies involved in the exercise Sommer explains.

Sommer would like to emphasize that this was a

training exercise and not a game to CNU's faculty and staff.

These full-scale exercises are going to continue to take place on campus on an annual rotating basis and will be essential to keeping CNU up to code with the Homeland Security Exercise and Evaluation Program. ■

Robbery reported over weekend on Shoe Lane

Another CNU Alert was released concerning an incident near CNU's campus behind York River Hall.

CNU students recieved a CNU Alert on Sunday Oct. 16 at 9:02 p.m. It warned students that there was a "robbery reported near campus on Shoe Lane."

The following is an Oct. 17 release from Lou Thurston, a public information office from the Newport News Police Department.

About 7:48 P.M. on October 16, 2016 police responded to the first block of Shoe Lane

to a report of a robbery from person. When officers arrived they met with two victims, a 21-year-old Newport News man and a 20-year-old Newport News man.

Both victims told officers that they were walking in the area of Shoe Lane and Moore's Lane N., when they were approached by three suspects. All three suspects brandished handguns and demanded the victims' property.

The suspects took a number of items from the victims including cell phone, wallet containing cash and credit/gift cards, a laptop and other miscellaneous items.

The suspects were seen getting into a black Nissan SUV and driving away. The investigation led to officers locating the SUV in the 700 block of 74th Street. As officers approached the SUV, the occupants got out and ran from

the area. Officers were able to locate and detain three of the subjects that ran from the SUV. The SUV was reported stolen from the 300 block of Hiddenwood Drive in Newport News on October 14, 2016.

Further investigation led to the arrest of a 17-year-old Newport News male and a 15-year-old Newport News male. Both were charged with one count each of robbery, conspiracy to commit a

felony, use of a firearm in the commission of a felony and possession of a firearm under the age of 18.

A 17-year-old Newport News female was charged with one count of accessory after the fact.

Virginia State Code prohibits law enforcement from identifying juveniles charged with a criminal offense.

The investigation remains ongoing. ■

CNU's first town hall meeting

The student body gets a chance to voice their complaints about campus life issues to RHA and Student Assembly.

BY MADDIE AMOS
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Christopher Newport had its first town hall meeting on Wednesday Oct. 5. This event was put on by the Residence Hall Association and the Student Assembly.

Students had the opportunity to bring concerns in front of a panel of four people, two representatives from RHA and two from SA.

These four representatives were Erin Boyer, director of RHA, Syndey Bergstrom, vice president of advocacy of RHA, Michael Bamisile, the president of Student Assembly and executive vice president of Student Assembly, Timothy Laboy-Coparropa.

The aforementioned representatives did not talk for the majority of the event, instead, the majority of the event was conducted as an open floor for students to share their opinions and issues.

There were two topics that were discussed at length: laundry units and problems stemming from those in octo-suites.

Currently, RHA is looking at updating the system.

Boyer said that they were currently researching the possibilities of adding text alert systems to tell students when their laundry is done, as well as the possibilities of replacing the machines that no longer function properly.

She also explained why upper-

classmen do not have to pay for individual loads of laundry.

It is because their payment for room and board includes the cost of laundry.

The second issue discussed was the conflict between those in octo-suites.

Students voiced their thoughts that an agreement could be made between all eight people living in the space as a preventative measure, and also said that doors between the rooms would fix some of the privacy issues that often arise.

Additionally, Boyer said that RHA is working with the hall directors to tell future freshmen if they will be in an octo-suite in York River Hall before

Move-In Day.

Other topics that were touched upon included strengthening the internet in the library, adding whiteboards to study rooms, potentially altering the sign-in policy for resident halls and addressing parking concerns.

"Many of the issues were directed towards RHA, but SA has the ability to bring concerns to the Board of Visitors," said Boyer.

Laboy-Coparropa explained that the partnership between the "anchor organizations" is a staple.

This is a unique opportunity, as it is the first town hall event. Boyer said that students should bring their

concerns to the event because issues can't be resolved until students tell the people who have the power to change the situation.

She stated that "nothing will be changed unless you say something."

These organizations are still looking for feedback, and encourage students to email concerns to either RHA at the email address rha@cnu.edu or SA at the address studentassembly@cnu.edu.

Bamisile, said that "nothing is too small" to bring to his attention.

All of the involved parties wanted to make sure students knew that "we really do care," said Bamisile. ■

CNU welcomes its first community garden

The sustainability efforts on campus take on a more tangible form as the campus community garden opens.

BY SAMANTHA CAMILLETTI
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CNU's new community garden on East Campus is a demonstration of the school's recently reinvigorated sustainability efforts. It officially opened Oct. 6 to coincide with the start of Sustainability Month.

The humble beginning

The garden began as a mere thought by Ryan Kmetz, CNU's Sustainability Coordinator, who hoped to create a garden singlehandedly for others to use.

"At first it was going to be totally bootstrapped," Kmetz said.

"I was just going to go to Home Depot and buy the wood, build the boxes, just going to ask around to donate some top soil and then the Alumni Office and the Class of 2016 found out about it and they decided that they wanted to leave a significant gift to sustain the garden."

The Garden as a Gift

Every senior class fund-raises throughout the year and donates those funds to a variety of different areas of school life.

The Class of 2016 raised "upwards of a \$100,000", according to Amy Ryan, Assistant Director of Alumni and Parent Giving of the Office of University Advancement.

\$5000 was donated to

the garden and paid for it entirely.

The rest of the proceeds were divided between other areas, including the Light-house Fund, both for students and faculty and a traditional gift to the Class of 2017.

The Class of 2016 already had the idea to create a garden when they approached the university.

"The Senior class council basically came to our office and we ask them what is their wish list. And actually one of the first things that they said was that they wanted to do a garden," Ryan said.

"What they do is talk to the university about their wish list and what are some of their needs and we found that it matched. That was wonderful."

Aspects of the Garden

The community garden is located behind the CNU apartments on East Campus and currently consists of 12 garden boxes.

Applications for the fall garden opened earlier this semester.

There will be two other seasons that students can apply for: spring and summer. Kmetz notes this allows the expansion of accessibility to the garden as well as keeps variety in the garden's soil.

The students currently occupying the garden had to pay a \$20 deposit fee as well as purchase any seeds they wanted to grow.

Top soil was provided for them. While students and faculty can plant independently and with little oversight, they are not allowed to use pesticides or any treatments on their plants.

"We're not allowing anyone to use pesticides or fungicides or anything like that," Kmetz said. "We want it to be all organic materials."

'Nice opportunity for students to bond'

According to Kmetz, most of the applications were groups, which is a positive attribute.

"It's going to provide a nice opportunity for students to bond. It's a social activity," Kmetz said.

"I see it as a unique opportunity for students to learn a little bit of self-reliance, a little bit of beautification. Some people want to learn about urban agriculture while other people want to grow flowers."

Senior Sara Maria Finley, who shares a plot, understands the relationships that gardening can produce.

"I think it's an awesome way to connect people. So like the girl that I'm doing my garden with, we know each other, but I'm really getting to know her now and it's really cool to create friendships with through gardening," she said.

"I think there's something that happens when you're just out there getting your hands dirty and working."

Kmetz also mentioned the diversity factor of this garden. This is a place where gardeners new to urban agriculture can gain insight from those more experienced.

"I grew up doing this," Finley said, shrugging with modesty. Finley spent her childhood on a farm near Charlottesville with her green-thumbed father and six younger siblings.

"But the past few years, especially now that I have my own house off campus, I've been able to do some gardening, but most of the time my house doesn't have enough sun. So I began to look much more into the nitty gritty science of planting."

But Finley is quick to point out that in this case, 'science' actually is the art.

"I think that's a huge thing that we overlook, is the art that a farmer has in order to know when to plant a crop and what goes together," she said.

"So I've grown up doing it, loving it, but I've really fallen in love with the art of gardening and the art of planting lately."

Freshman Brett Fenstermacher was actually looking for a community garden in the Hampton Roads area when the email was sent out, hoping to use his gardening skills he learned back home in Pennsylvania.

"I do a garden back up at Pennsylvania. It's nothing too big. I like growing things so I

decided I might as well have a little garden while I'm here," he said.

Fenstermacher is also a member of the Track and Field team, which limits his free time and availability to be involved with clubs. "It's nice that I have something that I can go do on my own that isn't studying," he said.

Students aren't the only ones privy to the garden. Professor Todd Goen, Instructor in the Communications Department, also applied for the garden.

Goen also spent his childhood gardening, but lost the opportunity to continue once he moved to the Hampton Roads area.

Goen, an avid chef also notes the economical value of gardening.

"It's a great opportunity to be able to enjoy gardening at a cheap cost," he said.

Hopes are high for the garden and with multiple investments in its future, it will be interesting to see where it goes from here.

As a lead instigator in the creation of this garden, Kmetz hopes to expand this garden into a park which can be used by CNU students and faculty as a place of peace.

However, Kmetz is happy with what has been accomplished so far.

"I really see this tying together with where CNU is going," he said. "I have high hopes for [the garden]. And I think a lot of people do too." ■

Take advantage while you can



While CNU played host to New York Times best-selling author Adriana Trigiani, perhaps only a handful of students actually attended. **BEN LEISTENSNIER / THE CAPTAIN’S LOG**

College is a time where you should expand your horizons, but it’s easy to let the numerous opportunities afforded to us slip by without fully taking advantage of them.

BENJAMIN LEISTENSNIER
EDITOR-IN-CHIEF



Students who were walking though the DSU on the night of Oct. 13, may have noticed that the Ballroom was completely at capacity.

The reason behind this massive influx of people was that New York Times best-selling author, producer and filmmaker Adriana Trigiani came to speak at a free event hosted by the Virginia Public Literary Consortium.

While the Ballroom was nearing the point of becoming standing room only, the number of CNU students in

attendance could have most likely been counted on one hand.

So how is it that a free event on our own campus fails to attract more students? The sad truth of the matter is that a lot of students aren’t getting as involved as they could.

I have been to multiple events where they consider just a couple non-club members showing up a success—a fact I find extremely disheartening.

College is a time where you should expand your horizons, but it’s easy to let the numerous opportunities afforded to us slip by without fully taking advantage of them.

I challenge you to name a place where you can hear a New York Times best-selling author speak one day, meet an individual who argued in front of the Supreme Court the next and then speak to a leading scholar or figure in your

major or career path.

CNU has students who I know have enough talent to make it on Broadway. We have comedians who deserve to have their own stand-up routine, artists who will definitely have work featured in galleries throughout the country and writers with the potential to join Trigiani on the New York Times best-selling list.

And oftentimes for us students, we can experience all of this for little to no cost.

Once you graduate, I guarantee that finding such a wealth of affordable, incredible opportunities will be much harder. So I urge you to take advantage of that fact while you can.

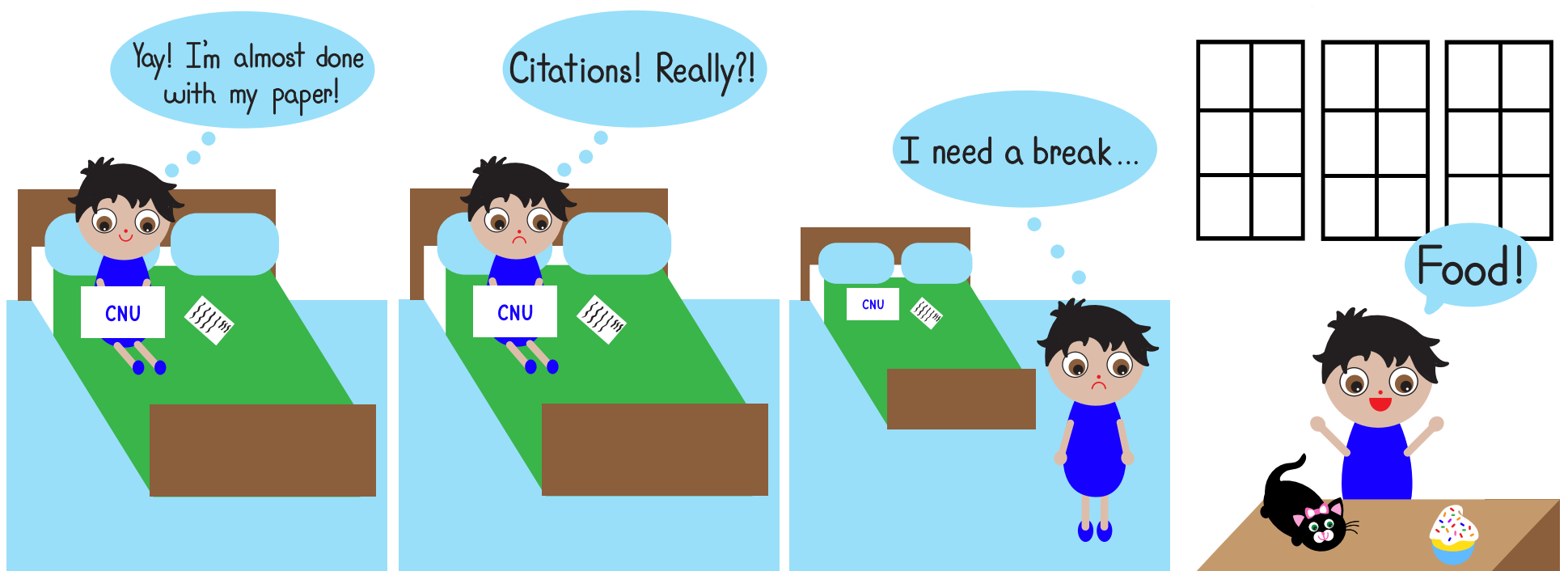
Because as a senior, I am beginning to fully see how quickly four years can fly by. Regardless of what grade you are in, I assure you that commencement is probably a lot closer than you realize. ■

COMIC CENTRAL

Interested in getting involved with the creative side of The Captain's Log? Do you enjoy making digital comic strips detailing student life? Then contact us at clog@cnu.edu to have your work featured here and expand your resume!



ARTWORK BY PARIS JACKSON



ARTWORK BY JILLIAN WHITEHURST

SNAPSHOT

PAGE 8



You can't have a comedy show in 2016 without mocking the election. The above sketch, "Getting Real With HC," was a game-show style debate between three different incarnations of Hillary Clinton (played L-R by juniors Hannah Czarnaski, Aree Coltharp and senior Meg Morrill) moderated by freshman Ashley McHenry (far left) PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG



It's not a party until the kazoos come out. Senior Bonnie Newton's standup featured multiple characters, among them an old woman, Seinfeld and a clown with balloon art and an extremely emotive kazoo.



(Left) Senior Emily Grace Rowson played a sorority girl with an addiction to the "Lilly in the Sky With Diamonds" Lilly Pulitzer print. Senior Victoria Lurie (right) played her sorority sister and dealer.

The Improvacateurs: Make America Great Britain Again

The Improvacateurs are back with four new members and politically-driven comedy.

BY MACY FRIEND
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CNU's all-female improv group held their first show Saturday night in the Studio Theatre. With four new members—Megan Moulton, Ashley McHenry, Victoria Lurie and Emily Grace Rowson—the Improvacateurs brought the same lightly vulgar comedy that is pertinent to their shows along with political twists in their debut this year, "Make America Great Britain Again."

Cringe-worthy stories about awkward relationship encounters, debates about random topics, such as homework being given at an elementary school, and jokes encompassing the presidential election were all staples of this comedic night.

They began with members stating one by one why they could not wait to be British again, which included reasons like finally getting an acceptance letter to Hogwarts and being able to fit in with already-yellow teeth.

Members then played a game similar to the Bachelorette called "You're Not Gonna Be Lonely Anymore," in which three improvacateurs were given a variable which they had to emulate. For example, one contestant, freshman Megan Moulton, had to act like the Little Mermaid.

Throughout the night, four members had their own stand-up. Two new members took the stage, freshman Ashley McHenry and senior Victoria Lurie. Seasoned members Aree

Coltharp and Bonnie Newton also brought their comedic talents. Their stand-ups ranged from awkward relationship stories to thoughts about the current presidential candidates.

One of the featured sketches of the night was called "Getting Real with HC," where three improvacateurs played Hillary Clinton, attempting to emulate her characteristics. Junior Hannah Czarnaski touched on Clinton's typical response after being asked a question by saying "Well, thank you so much for asking such a great question," while junior Aree Coltharp played on the relatable personality Clinton likes to keep. She did this by trying to use slang and appeal to the younger generation by referring to her Twitter and Tinder accounts. The third member, senior Meg Morrill touched on the topic that has followed Clinton throughout her campaign,

her deleted emails and Benghazi.

Toward the end, improvacateur alumnae came on stage to perform a game called Switch. In this game, pairs were given random variables from the crowd. Upon receiving these variables—an avocado, an ABC store employee and friends with benefits—each pair had to act out scenes involving their variables.

As tradition at the end of the Improvacateurs' shows, they played "I Like My Women" with both new and seasoned members. Like many of their sets, this involved crowd interaction where audience members shout random variables and the ladies onstage have to use it in a sentence to describe how they like their women or men. You'd be surprised about how many endings there are to the sentence "I like my women like I like my butter..."■

Victoria Lurie is part of The Captain's Log.



Front (left to right): Junior Hannah Czarnaski and freshman Ashley McHenry create a scene in the improv game "Left," so named because when the moderator (Aree Coltharp) called "left," the girls would rotate with seniors Tiffany Reese and Meg Morrill (back) to create new scenes.



Senior Tiffany Reese tears up in this sketch where she wed senior Emily Grace Rowson and junior Emily Alby. This sketch also included a political reference, in which Alby said "It doesn't matter to me that you're voting for Trump because marrying you will make my America great again."



Improvacalumnae Audrey Paduda (left) and Gracie Peck (right) took to the stage at the end of the show during a game called Switch. Peck played an ABC store employee while Paduda played an undercover cop.



Aree Coltharp and Hannah Czarnaski faced off in "Debate," a madlibs-style game in which castmates (like Emily Grace) would feed them random lines during their monologues.

Four-way tie for NJAC first place



Football comes back after games on the road and wins in double over-time—placing them in a four way tie for first place in the NJAC.

Joshua Davis scored the game-tying touchdown with the last few seconds of the game leading CNU to double overtime. **PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG**

BY JOHN RECTOR
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In their first home game in almost a month, CNU football certainly did not disappoint in a thrilling double-overtime victory over Montclair State.

After a road loss against Rowan University, the Captains returned to POMOCO Stadium to play a 3-2 Montclair State team in an important conference game. Motivated by their first loss of the season, CNU looked to stay in contention in the New Jersey Athletic Conference with a win.

The Captains struck first on a 24-yard run by receiver Kyree Burton. From there, it was a flurry of touchdowns, as the Red Hawks led the Captains 21-14 at halftime. The score remained the same through most of the second half, and it looked like the Captains might drop their second straight game until the final minute of regulation. Junior quarterback K.J. Kearney found Joshua Davis

for a critical game-tying score to send the game into overtime.

In overtime, everything swung CNU's way as the defense kept Montclair State from putting points on the board, which would have ended the game, for two possessions. After a blocked field goal, Kearney, who has led his team to several hard-fought victories so far this season, found a way to do it again by throwing a touchdown to Taylor Loudon to end the game. The touchdown was Loudon's second of the game and contributed to his 113 yard game.

The Captains' victory was due to great team play. On offense, the running game finally came alive as Kyree Burton and running back Daquan Davis combined for over 170 rushing yards with Burton gaining almost 10 yards per carry. Meanwhile Kearney, who is now first in the conference in passing yards and passing touchdowns, put up three touchdowns.



Kyree Burton finished the game with 106 rushing yards on 11 carries and contributed one touchdown.

The win puts the Captains in an astounding four-way tie for first place in the conference with Salisbury, Frostburg State

and Rowan University.

After already falling to Rowan, the Captains will play their next two games at Frost-

burg and home against Salisbury as part of a four game stretch that will help decide the conference champion. ■

Cross country prepares for championship races

Men and womens cross country hosts invitational and win respective divisions this past Saturday at Lee Hall Mansion.

BY SAM CAMILLETTI
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In their last meet of the regular season, both the men and women's cross country teams won their respective non-Division I races last Saturday at the CNU Invitational at Lee Hall Mansion.

The men accumulated 15 points, a perfect score, against their DII and DIII opponents in the 8K race.

Junior Grayson Reid, who recently broke the school record in the 8K earlier this month, won the race with a time of 25:21.

Fellow junior Daniel Read placed third with a time of 25:38. If competing in the DI race, both Reid and Read would have finished ahead of the William and Mary winner, who finished with a time of 25:43.

Junior J.J. LaPointe, on the comeback trail after his hip surgery, finished with a strong time of 25:46, crossing the line at the same time as his teammate, junior Sam Murch.

Junior Jeff Dover was the next to cross with a time of 26:13. Close behind was senior Andrew Benfer, finishing two seconds later. Rounding out

the top seven squad was sophomore Peyton Artz, who posted a final time of 26:32.

"Our men performed pretty well today," Head Coach Matthew Barreau said.

"I was hoping for a little

"I was hoping for a little bigger pack through the three miles. We separated just a little, but reengaged in the race & finished really well."

— Matthew Barreau, Head Coach

bigger pack through the three miles. We separated just a little bit, but we got reengaged in the race and finished really well."

The women's side had an equally impressive score of 15. Freshmen speedster Jessica Lee led the Lady Captains with a time of 23:10, winning the overall race. Senior Emmie Schmitt followed behind with a time of 23:24.

Fellow senior Logan Harrington finished fourth in the

race with an overall time of 23:42. Freshman Gena Lewis (23:46) and Briana Stewart (23:50) crossed the line in quick succession, followed by freshman Monica Lannen with a time of 23:57.

Sophomore Abby May rounded out the top seven with an 11th place finish and a final posting of 24:22.

"For the ladies, if you look at just the results, I'm very happy," Barreau said.

"But for the most part, the top group, the execution of the race plan was pretty poor. On the positive side, even without executing our plan of running well, we did well. If we do execute our plan, it's going to be that much better."

Both teams have a two-week lull before the championship race on Saturday Oct. 29 in Hershey, Pennsylvania.

Last year, both the men and womens teams won their conference races, with scores of 27 and 25, finishing with a comfortable lead over York College.

As of Oct. 12, the men are ranked 19th nationally with the women sitting outside the top-35 mark.

Reid says they have one big workout left before it's time for the championship. ■



Junior Grayson Reid finished in first place for the CNU Invitational with a time of 25:21. SAMANTHA CAMILLETTI/THE CAPTAIN'S LOG

O'Reilly's misfortunes only help her success



Meghan O'Reilly will be able to finish her lacrosse career once she has recovered from her hip arthroscopy. COURTESY OF MEGHAN O'REILLY

Womens lacrosse captain endures multiple injuries in four years at CNU while still battling a hip injury in her final season as a captain.

BY MADELEINE SCHULER
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Senior Meghan O'Reilly is one of CNU's Women Lacrosse team's most valuable players. As a team captain for the past year and a half, she has helped to shape her teammates' abilities and has led the team to victory countless times.

She made the lacrosse team in high school and was soon recruited by many different universities prior to coming CNU. However, when she arrived on campus and met her team and coaches, she stopped looking. Something just clicked.

Much to her dismay though, O'Reilly's time on the field was delayed by an injury her freshman year and she was forced to sit the season on the bench.

Though it was not the most ideal situation, O'Reilly made the most of it. She filled out a lot of scouting reports where she would study film and write up a report.

This allowed her to analyze the big picture and gain a wider

field sense that she otherwise would not have had. She was also able to give her teammates her undivided attention and feedback.

"I would have given anything to be playing, but there was a silver lining in it," said O'Reilly.

O'Reilly admits that she has had her fair share of bumps in the road with injuries, but these injuries have only strengthened her view of her teammates.

"There is no group of people that have been more supportive of me and ready to pick me up when I've fallen down," said O'Reilly. "I know that I wouldn't have been able to do it without them."

O'Reilly recalls a time she was at home for surgery when, that same day, the team had a game. She was sad to be missing it, but that unhappiness was washed away when she received a text with a photo attached. Her teammates had all written her number on the back of their hands.

"They keep me positive and

focused and no matter what happens I know that I have people who are there to look out for me," said O'Reilly, tracing the number 24 on the back of her own hand.

As a Marketing major, with a minor in Communication Studies, O'Reilly's dream is to combine her love of sports with her academic interests by one day becoming a marketing manager for a large company like Nike or Under Armour. Immediately after graduation though, she will be pursuing a job at an agency to learn more about the marketing industry, to network with people in the field.

"I can't even begin to say how much I've learned from being a student athlete: the time management, the discipline, the focus that you need to have to stay on top of your school work, is incredible," said O'Reilly.

O'Reilly is sure to succeed in whatever path she chooses, as she has certainly made the most out of her time at Christopher Newport University. ■

CITY CENTER HOSTS OYSTER ROAST

This recently revived city event provides an opportunity for community engagement and education on 'going green' as well as a chance to indulge in one of the signature foods in this area, but there is more to this event than it seems.

BY SAMANTHA CAMILLETTI
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Newport News, one of the first ten cities in Virginia to 'go green,' is extending its sustainability efforts while strengthening the community with events like this Friday's Oyster Roast at City Center.

"There are a lot of cool things that you can do to try and save natural resources," Shelly Ezanno, Superintendent of Special Events and Promotions, said. This is one of the newer efforts by the city to promote this conservation. Ezanno and the Special Events team expect around 3000 people to attend this event.

The Oyster Roast is headlined by the Deloreans, a "seasoned show band that covers the most memorable artists and nostalgic songs of the '80's," according to their website. The event will feature food by Harpoon Larry's Fish and Oyster Bar, other seafood vendors, beverages and activities from corn hole to create-your-own-paintings.

The venue will also host The Working Watermen who will demonstrate crab

pot making and world-renowned oyster shucking sisters, Clementine Macon-Boyd and Deborah Pratt.

Their record of shucking two dozen oysters in under three minutes qualified them for the International Oyster Opening Championship in Ireland. Every community member from the Newport News Police Department to the Peninsula Regional Animal Shelter, adoptable dogs in tow, will be participating in this event.

The entertainment is enough to attract crowds, but there is an unmistakable theme of eco-friendliness underscoring this event. "Eco stations" will be placed around the venue: one for trash, one for recycling and one for compost, which is sponsored by compost conglomerate, Natural Organic Processes Enterprises (N.O.P.E.).

"These are the types of efforts that we make in order to go as green as possible. The public, at least in this area, is not as familiar with composting," Ezanno said.

"Our biggest task with that is educating the public. Getting them used to

doing that. So we do have the huge ugly bins that people don't like looking at, but they identify with it. You see a blue [bin], you know it's for recycling. So that's what you'll see out there and the purpose is to get people more visually acquainted with it."

There will also be a container to recycle oyster shells. A new effort, these oyster shells will be taken and cleaned by the Chesapeake Bay Foundation where they will be "used to rebuild oyster habitats throughout Virginia," according to Newport News' website.

Once clean, the shells are placed in a tank where larvae attaches to them. These shells can hold up to ten baby oysters, commonly known as spat. Once they begin to mature, these oysters are planted back in oyster reefs to purify and sustain Virginia's waterways.

These types of events take a year to plan, according to Senior Special Events Coordinator Emily Nickerson.

When asked about what goes into planning an event like this, the 'thud' of Nickerson's binder as it was set on her

desk seemed enough of an answer. "It takes a lot," she said.

Some plans include coordinating food vendors, working with community partners like Harvey Lindsey and the Police Department. "They are part of the city so we want to get the word out about them," she said.

While planning is sometimes burdensome, the end result is something that, as Nickerson notes, is a wonderful opportunity for the community to meet and connect: "We're giving you something to do, getting you outside, getting you here to see everything that the city has." ■

When: Friday, Oct. 21

6-9 p.m.

Where: City Center

Cost: Free

Out of the shadows, into healing

Where is the Line and Fear 2 Freedom's Shadow Event educates and provides catharsis for sexual assault survivors.

BY SAMANTHA CAMILLETTI
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Shadows are often regarded as bad things—scary because of their intangibility, unnerving because of their incomprehensible nature. But on Oct. 25, shadows will transform into a powerful tool for sexual assault survivors to share their stories, begin their healing process and perhaps even repeal the fallacies associated with sexual assault.

The Shadow Event, its theme being "secrecy is the enemy of healing," is co-sponsored by CNU's Where is the Line and Fear 2 Freedom, an organization spearheaded by Rosemary Tribble.

Cori Ansick, president of Where is the Line, is quick to note that many others—from Event Staff to the Title XI Office—are involved in organizing this event as well because "everyone wants this to go well."

It is the second step in what Tribble terms the "triangle effect"—the first being watching the Emmy-winning "Be the Change" movie and the third being the Fear 2 Freedom's Celebration night.

The Shadow Event will consist of seven speakers, all from CNU's campus, who share their stories under the guise of shadows. Generally, counselors recommend the speakers, but many speakers individually reach out through social media. "We don't go out and recruit," Tribble said. "We don't want them to feel any pressure whatsoever to do this. This is a life moment, one of declaration that says 'I will not let my

past dictate my future."

Backlighting provides the speaker with anonymity as well as safety, according to Ansick. "You get to feel safe behind that curtain knowing that no one knows who you are and you get to share your story," she said. "For a lot of people, it's the first time they've ever said it in their life."

Musicians and poets add to the somber experience. During these artistic intermissions, the audience can write notes to each speaker, which are then collected and given to them.

"This is a life moment, one of declaration that says 'I will not let my past dictate my future.'"

— Rosemary Tribble,
Fear 2 Freedom Founder

Tribble notes that many of the survivors use these notes as motivation. "Most of them said they read one every night and it is really such a blessing for them," she said.

This event provides a path to healing because "college is a time to heal and get that healing you need," according to Tribble.

Telling their stories is also a powerful cathartic method for the survivors. This

event also allows any audience member who may have been sexually assaulted as well the courage to come forward and share their story.

"It's also good for the audience to just know that if this happened to them, they're not alone and this isn't an isolated incident," Morgan Potts, public relations correspondent for Where is the Line, said.

This event is also important because it helps with prevention, intervention and awareness. According to Tribble, one in five women and one in 33 men will be sexually assaulted during their four years of college. Zoe Williams, vice president of Where is the Line, notes the gravity of these facts.

"I think that people hear about sexual assault on big campuses and they hear it on the news and they don't think it happens here," she said. "It's important for our campus to know that these are actual people, that it really happens, and not just in the past, but now."

These types of events and both President and Rosemary Tribble's influence affect CNU's policies on sexual assault. "I think with our university, because [President Tribble] also feels so strongly about this issue it gives this whole university permission to come and be part of this and say: 'This is who we are as a university and we care about this issue,'" she said. "And we want our campus to be safe." ■



These shadows give speakers the strength to talk about their experiences anonymously without worrying about consequences. BEN LEISTENSNIER/THE CAPTAIN'S LOG



Barbara proves to be a 'Major' success

TheaterCNU's production of George Bernard Shaw's "Major Barbara" illustrated the adaptability of the department by offering an intellectually dense show that challenges audience members to consider topics like morality and religion.

BY SAMANTHA CAMILLETTI
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With World War II in our history books and acts of terrorism in our newspapers, George Bernard Shaw's "Major Barbara" disseminates an interesting, and perhaps sinister, new meaning. Does war have a place in the world other than making individuals wealthy? How long can purity stand against greed?

Shaw leaves many of these questions unanswered, or at least up to the audience's interpretation. TheaterCNU's rendition of "Major Barbara" combines all of the necessary elements of a successful play—a well-cast, dynamic group of actors and beautiful set pieces—that was equal parts comedy and social commentary.

The play centers around the relationship between an idealistic young woman, Barbara (Beth Ellen Miles), a Major in the Salvation Army, and her estranged and wealthy father, Andrew Undershaft (Ben Atkinson), a munitions kingpin. They are brought together when Lady Undershaft (Maggie Hirst), who hasn't spoken to her husband in some time, contacts him under the guise of arranging a visit.

Her true aim is to solicit money from Undershaft, concerned that her daughters are about to marry two poor men unbefitting of the Undershaft inheritance. Undershaft doesn't know his own children anymore, but he seems drawn to the headstrong and earnest Barbara.

As the Major of the Salvation Army, she's determined to save her father's soul and he to retrain her idealism for the munitions world; they strike a bar-

gain: he visits her Salvation Army shelter and she visits his munitions factory.

Both are sure they will convert the other, but only one gospel—salvation or avarice—wins.

While this profound moral and religious argument dominates the play's direction, Shaw provided many colorful characters to keep things interesting. All of the cast members did well portraying their respective characters.

The diversity of character disposition was widespread from obedient Sarah Undershaft (Madeleine Witmer) to Adolphus Cusins (Patrick Siegmund), a studious Greek poet and professor, to the social anomaly of Bill Walker (Jonathan Holcomb) who fitted with a sometimes difficult cockney accent, adds a certain amount of social depth to the play.

These problems of morality are not just afflicting the highest class—they are affecting everyone. The production was staged in the recently renamed Peebles Hall, which gave director Amy Isnley enough space to work with.

The director's use of space on the stage added a significant layer of unspoken communication in the production.

An example of this mastery of space was in Act One. Mr. Undershaft arrives, and, after his debacle of not knowing his own children, Stephen (Alex James), Undershaft's only son who wants nothing to do with his father, and Barbara, who is morally opposed to her father's business, sit on the outskirts of the set while the rest of the family gabbles in the middle sightline.

The cast members used the space on stage to make these sorts of subtle messages.

Shaw's plays are not known for their brevity nor lighthearted matters, which often left cast members with long monologues and complex logical arguments to trudge through.

The actors all did wonderfully delivering their lines, seeming to truly understand the weight of their words, but Shaw's form did no favors in terms of maintaining a rapt audience.

We the audience often had to listen closely, maybe too closely, for fear of

missing something. Shaw's intellectually dense speech is interesting, but it may have lost some audience members.

Dense speech or not, "Major Barbara" showcased the depth of talent at TheaterCNU. From "Silent Sky," a scientific and historical account of Henrietta Leavitt's journey for recognition to sugar-sweet "Legally Blonde" to now a thought-provoking English production, the students of TheaterCNU demonstrated that they have the ability to do it all. ■



(Top) Lady Undershaft (Hirst) speaks to Barbara (Miles) after Barbara's fiancé Adolphus (Siegmund) inherits the Undershaft cannon business. (Above) Regulars at the Salvation Army, sophomore Lizzy Turner and sophomore Matthew Ellis imagine cheating the system that put them there. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

The Banned Books Readout

Students gathered to recite passages from some beloved novels that are frequently censored around the U.S.

BY REAGAN MASON & MADELEINE SCHULER

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Every year the American Library Association sponsors a Banned Books Week in an attempt to raise awareness of the many restrictions that adults around the country have placed on reading material.

As institutions that encourage learning and critical thinking, colleges and universities should therefore encourage the freedom to read texts that may cause offense, in the interest of promoting an educational environment free of literary constraints.

In honor of this campaign, CNU held a Banned Books Readout on Sept. 29, orchestrated by Dr. Kara Keeling.

During the reading, students and professors read excerpts from books that had been frequently banned, but that held a special meaning to them. From familiar titles like “Harry Potter and the Sorcerer’s Stone” and “Captain Underpants” to less known ones such as “What My Mother Doesn’t Know,” students were able to share the importance of these novels with their peers and professors.

In an email interview, Keeling disclosed her own reading experiences that shaped her world view. As a child, no one restricted her reading and she often read books that were supposedly for adult readers. Although she admits that she didn’t always understand what they were talking about, she learned and certainly was not damaged by her findings.

“Most important, I learned that reading was good, that knowledge was helpful and powerful, that I understood the world around me better for having read,” said Keeling.

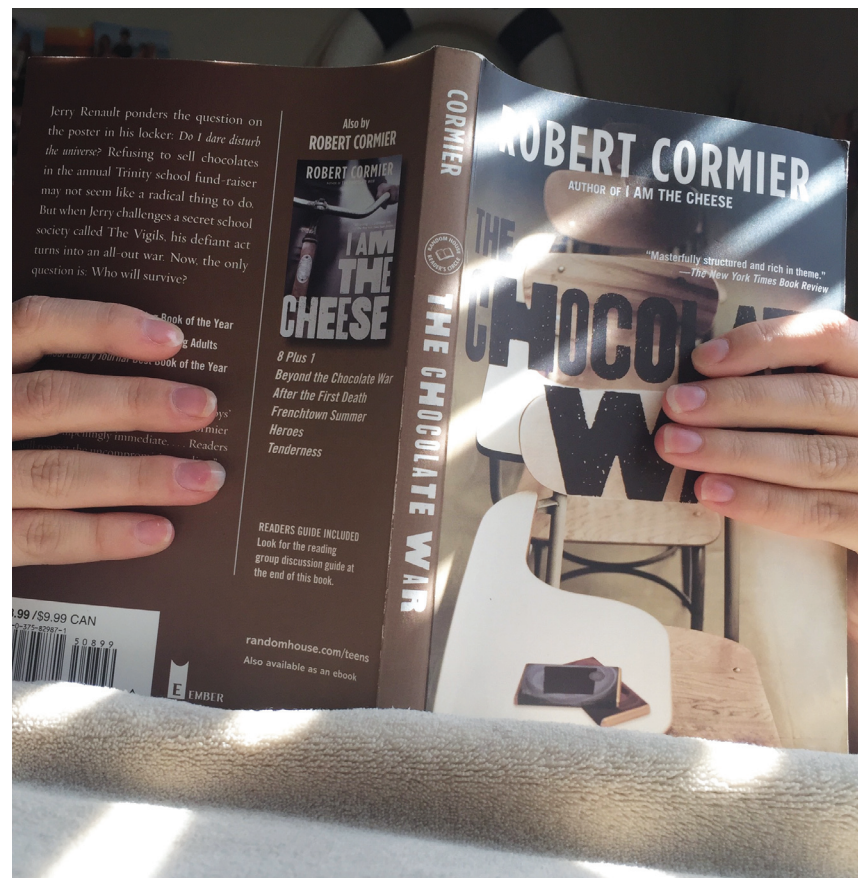
Many people that attempt to censor novels frequently base their criticisms on the book’s reputation rather than their personal experience with the story. Often times they wrongly believe that

if a controversial issue is presented, the author is automatically condoning it. This is not usually the case. Authors tend to bring up these issues to encourage discussion in a safe learning environment.

In the last decade (2000-2009), more than 5000 book challenges were reported in the U.S. alone. These challenges were made on a variety of different bases: sexually explicit content, offensive language, violence, homosexuality, and occult or satanic language, to name a few. These complaints were most popular in classrooms, school libraries and public libraries, though there were bannings in college classes, academic libraries and prisons as well. The majority of objections were made by parents.

These statistics may seem absurd for a country in which the first amendment of the constitution secures one’s freedom of speech, but they are nevertheless true.

“That’s why the Banned Book Readout is important: to affirm those freedoms and to show why books matter,” said Keeling. “Each year students get up and affirm how particular books have been important to them, changed their thinking, helped them navigate the difficulties of life. Each of these stories have been challenged multiple times: some people have tried to restrict other people’s access to them. The Readout makes clear why these books are important, in a



Robert Cormier’s “The Chocolate War” is one of the frequently banned novels, due to its theme of excessive bullying. MADELEINE SCHULER/THE CAPTAIN’S LOG.

very personal way.”

With each reading, it became evident that each person had been touched by these books that others have considered unfit reading material.

There was something special in the air that night, something comforting in the community of people gathered for the same reason: to defy the censorship that has and continues to plague our world. ■

The Writing Center is an asset to all students

Now is the time to begin preparing for those long papers due at the end of the semester. Start by making an appointment at the Writing Center.

BY MADDIE AMOS

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With midterm grades already submitted, students should start looking to the end of the semester when many will have long term papers due. Some will procrastinate until the night before to begin researching. If you are one of these people, this is your friendly reminder to begin drafting now.

One of the many resources available to students while writing papers is the Writing Center.

The typical process begins with an appointment, at the start of which the student sits down with a tutor. Appointments last for half an hour, but they can be made in groups. An appointment for multiple people can last for an hour. Principally, a session focuses on structural and organizational issues.

The Writing Center helps with all types of papers, so the sessions vary according to the type of paper that

the professor requires.

One of the most common misconceptions with the writing center is that the tutors serve as editors. Dr. Nicole Emmelhainz, Writing Center Director, was adamant that “we are not an editing service.”

The student authors are asked to read their paper out loud, which lets them catch errors they may have made and not realized. Students are asked questions by tutors to clarify their arguments. The center puts most, if not all, of the responsibility on the student authors. Most of what the center does is specific to the instructions and rubrics of the paper in question, but Dr. Emmelhainz gave some general words of advice.

She stated that no matter the type of paper or discipline, a formal paper should always be able to answer the questions: what is the purpose and who is the audience?

Papers should follow a logical order, where statements add meaning to each other. Quotes and primary sources should be well integrated in the piece.

A student writing consultant, Briana Stewart, explained that students should begin working on papers early, so that they have time to get help if they need it. She also warned against using the general words ‘this’ and ‘it’ too often in essays.

An author shouldn’t “assume that the reader knows what you’re talking about,” she said.

Most importantly, students should feel welcome to come to the Writing Center.

“Writing is a collaborative effort,” said Stewart. Writing centers are sometimes negatively stereotyped to be for poor writers, but even professors and professional authors are always learning more about writing.

“[Tutors] are not [there] to judge or critique you, we’re another set of eyes,” said Stewart.

The Writing Center can give students the extra boost that they need to lift their writing to a higher level. ■

Voter registration at CNU

Over the past couple of weeks, students were bombarded with eager requests to register for the 2016 presidential election.

BY VICTORIA LURIE
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At some point this month, you've run into a student with a clipboard who, after startling you a little, asked if you were registered to vote. It seems like they're everywhere: classrooms, CAB events, crosswalks. That's because to them, voter registration is a campaign in and of itself. But why?

The easy answer is that it's for a grade. Dr. Diane Griffith's macro social work class made voter registration their big fall project. The class was split up into teams, which is why it may feel like so many people are accosting you with information.

From there students were tasked with either obtaining signatures stating that people were already registered, or getting their classmates to register as a Newport News resident/absentee for their corresponding hometowns.

But voter registration is more than just a project.

Senior Cassidy McNeely said in an email interview that she undertook the assignment because she felt it was her duty as a future social worker to "encourage people to engage with the world around them and let their voice be heard."

This encouragement took all forms.

Social work students campaigned in classrooms, and stationed themselves outside heavily trafficked student events, including September's Fall Fest, during which they drew in over a hundred signatures.

Senior Samantha Morrison said that, second to Fall Fest, the time in classrooms was the most beneficial because the professors were so supportive and always gave the social work groups plenty of time to talk.

Although the social work students could have registered anyone, it was mostly their fellow classmates that the initiative was directed towards.

"Learning about how much of an impact mil-

lennials can have on an election has made me passionate about students getting out the vote," says McNeely.

In order to court that audience, groups began employing tactics that appealed to our more millennial sensibilities, creating Facebook pages dedicated to their cause, and even filming a voting promo featuring President Tribble, which can be found on the social work Facebook page Knope 2016 on Facebook.

The social work students have made registration their cause for almost two months now, and they are beginning to feel its affects.

Senior Chrissy Constable said in an email interview that being so hands on in this election cycle has made her more invested in its outcome, and much more informed, especially when it comes to the weight of the millennial demographic.

"I gained a deeper understanding of the impact that our population—college students—could have on the vote."

Statistics show that elderly people exercise their right to vote the most often, but for McNeely, "we young people are the ones whose lives will be affected by the policies passed in office... we need to get our voices heard."

Morrison had a similar reaction, stating that "it is really shocking how many people are unaware of the process to register, especially since our generation has the potential to swing an election."

The voter registration deadline for Virginia was this past Monday, but as of press time the social work students had gathered a minimum of 312 signatures of pre-registration, 20 registrations and 32 absentee ballot applications.

Constable, Morrison and McNeely are all from the same group, Knope 2016. Reaching out to the Captain's Log is part of their platform. ■



Some students take the initiative to both register themselves to vote and encourage others to follow their lead by doing the same. VICTORIA LURIE/THE CAPTAIN'S LOG.

The best and worst on-campus jobs

Learn more about the advantages and disadvantages of student job opportunities

BY SAMANTHA SPATA
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Looking for a job on campus? CNU offers a wide range of job opportunities for students, most of which are flexible enough to fit into a busy schedule. However, each job on campus has a certain dynamic, which may appeal to one student but not to another.

In order to come up with my own ranking of jobs on campus, I went around and interviewed various student employees about their starting pay, their benefits, and their downsides. The employees wished to remain anonymous.

Front Desk

Whether it be at the Freeman Center or the DSU, a front desk job is seemingly the most relaxed job on campus. One student employee reported that "about fifty percent" of her shifts were free to work on school assignments – that is, when there are no guests to attend to. Both pay and benefits vary depending on the department and the shift, but the starting pay is typically \$7.25 and discounts may apply.

Resident Assistant

This one demands a genuine desire to make a positive impact in students' lives as well as a lot of patience. According to one RA, being a Resident Assistant means being "the most immediate resource" of counsel and answers for students. The job requires a minimum GPA of 2.6 and includes responsibilities such as "maintaining" their respective halls, "attending weekly staff meetings", and "being on duty at the desk and on call." Although there is no direct pay, room and board are covered, and "building relationships" with residents and "making positive changes in their lives" is a fulfilling experience, according to this RA.

Tutor

Occasionally, one-on-one tutoring jobs open up. If you are passionate and/or skilled in a certain area of study, you may enjoy tutoring a fellow student in the subject. Most tutoring jobs require completion of certain courses. The starting hourly pay is \$10, and shifts and hours are based on appointment.

Einstein's Barista

Especially during the morning rush, Einstein's is buzzing with coffee-guzzlers and bagel-munchers, and the student baristas behind the counter are working extra hard to meet their customers' needs. Despite Einstein's fast-paced and occasionally "stressful" environment, the team of baristas makes up a "really social" community of "ridiculously friendly coworkers." The starting hourly pay is \$7.25, and the shifts are flexible – some work upwards of twenty hours per week and some work less than ten.

Captain's Locker Salesclerk

According to one student employee, a job at the Captain's Locker entails an "always-on-your-feet" kind of work ethic. From serving customers to stacking shelves, this job is sure to momentarily take your mind off of upcoming papers and exams – and earn you some extra cash while you're at it. In addition to store discounts, the starting hourly pay for a salesclerk at Captain's Locker is \$7.25. The shifts are flexible, with a minimum of five hours per week.

Office Assistant

Compared to the last couple of jobs, being an office assistant provides a more relaxed and quiet environment. An office assistant should expect to perform simple tasks such as making copies, answering the phone, processing spread sheets, and filing papers – which, unless you are interested in the department of that particular office, may grow tedious over time. The starting hourly pay is \$7.25, and the shifts are flexible according to the employee's schedule. Hours per week tend to be within the 15-20 hour range.

Looking for an on-campus job but don't know where to start? Check out CNU's Center for Career Planning or their website, CNU Career Connect, to learn more about the current job openings on campus. ■



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